

## **Objective Examples**

### **Diabetes Overview**

- a. Identify diabetes as a chronic disorder of metabolism in which the body is unable to use food properly for energy, resulting in hyperglycemia
- b. List several factors that may contribute to the development of diabetes
- c. State that diabetes is a lifelong condition
- d. State which of the two types of diabetes they have, type 1 or type 2
- e. List 3 components of the treatment of diabetes

### **Acute Complications**

- a. Recognize early signs and symptoms of infection
- b. List 2 components of dental care
- c. List 3 components of daily skin and foot care
- d. List symptoms of urogenital infections
- e. State how to treat minor cuts and bruises
- f. Describe how to cut toenails properly

### **Chronic Complications**

- a. Describe the major consequences of small blood vessel disease
- b. List treatments for diabetic retinopathy and diabetic nephropathy
- c. List consequences and symptoms of diabetic neuropathy
- d. State that blood glucose control reduces risks for complications
- e. Describe what happens to large blood vessels in arteriosclerosis
- f. State the value of annual ophthalmologic and renal function examinations
- g. List the risk factors and ways to decrease the risk for developing arteriosclerosis

### **Nutrition**

- a. Identify 3 macronutrients and their impact on blood glucose
- b. State the most important personal reason they might use a meal plan
- c. Describe how to keep a food diary
- d. State how the timing of food can help them reach their blood glucose goals
- e. Demonstrate how to measure liquid and dry ingredients

### **Physical Activity**

- a. List 3 benefits of regular activity or exercise
- b. Describe the difference between aerobic and anaerobic exercise
- c. Determine target heart rate
- d. Develop a personal exercise plan
- e. State the benefits of a consistent exercise program

### **Using Medications**

- a. State that oral diabetes medications are not insulin
- b. Define the purpose and action of oral diabetes medications
- c. Describe one side effect of oral diabetes medications

### **Goal Setting**

- a. State a specific strategy for making behavior changes
- b. Identify a personal long-term goal related to diabetes
- c. Make a behavior change plan

### **Psychosocial Adjustment**

- a. Define stress
- b. Explain the body's response to stress

### **Monitoring for Control**

- a. Define normal fasting blood glucose levels
- b. State benefits of near-normal blood glucose levels
- c. Define ketones and ketosis

### **Preconception Care**

- a. Identify the need for normal blood glucose levels prior to pregnancy
- b. Identify that blood glucose control has an effect on the outcome of pregnancy
- c. Identify 1 risk of pregnancy to the woman with diabetes